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SEPTEMBER, 1912

The

CLUB WOMAN

OFFICIAL ORGAN OF THE
California Federation of Women's Clubs



Health
University Clubhouse Fund
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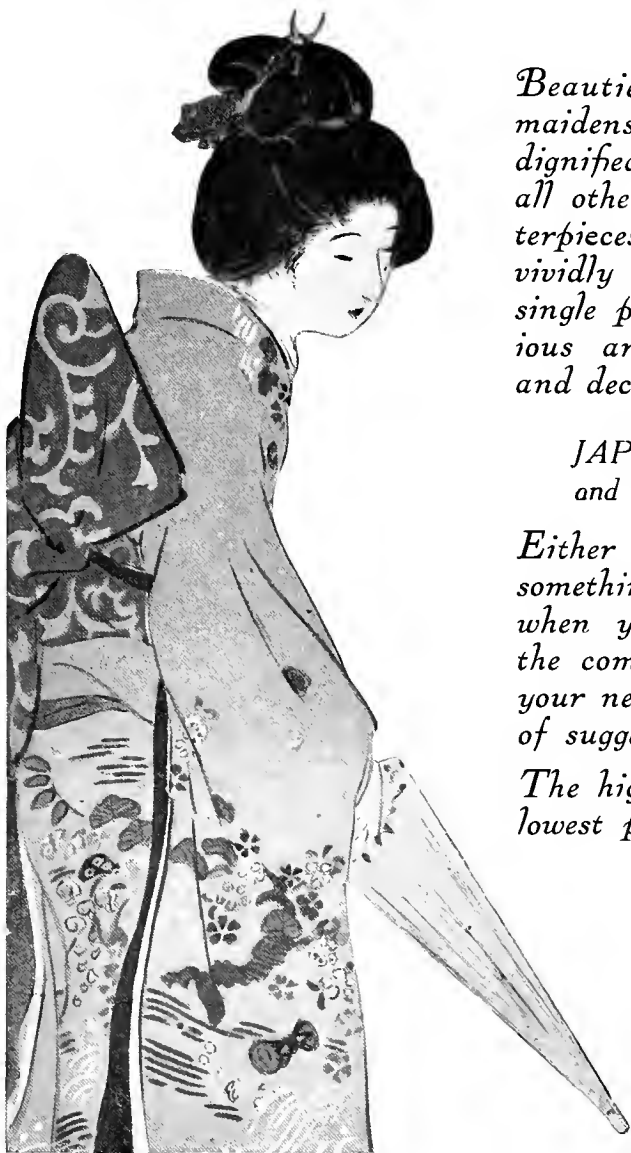
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The Club Woman

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MRS. CALVIN HARTWELL

Vice President-at-large, California Federation of Woman's Clubs

The Club Woman

VOL. III

SEPTEMBER, 1912

No. 11

General and State Federation news published in The Club Woman is official. Communications intended for either department must reach the club editor by the first day of each month in order to insure publication in the next issue of the magazine.

EDITORIAL

Executive Board, General Federation of Women's Clubs, will convene for the first meeting of Mrs. Percy Pennybacker's administration September 9th, at French Lick Springs, Indiana.

As The Club Woman is going to press assurance comes from Mrs. Orr that the year book of the California Federation of Woman's Clubs will be distributed through the mails on or before the fifteenth of September.

As this year book will reach the clubs about the same date as will The Club Woman, it has seemed unnecessary to comply with a recent request to reprint a brief summary of proposed legislation endorsed at the state meeting at Paso Robles, which formed a part of the report of that meeting appearing in the June issue of The Club Woman.

It was due to the complimentary distribution at the biennial of nearly 500 copies of this June number that the business office has been obliged to refuse many requests received for extra copies from California clubwomen. There are now in this office only the regular copies kept for the files.

Mrs. Charles Farwell Edson, state chairman of health, than whom no one is more closely identified with the civic progress of the state, has been honored by State Labor Commissioner McLaughlin by an appointment to the field of special department agent, and is to be connected with the Los Angeles office of Assistant Labor Commissioner, Col. J. T. Tobin. Mrs. Ed-

son brings to her work very unusual equipment in strong personality, marked ability, trained viewpoint, and genuine interest in the cause of civic betterment. This appointment is not only matter for congratulation among Mrs. Edson's personal friends, her co-workers, and the women and children whose problems will be her especial interest, but will receive cordial endorsement from everyone who is seeking to add civic motherhood to civic fatherhood, thus rounding out the official family circle.

Mrs. Edson is the second woman to be appointed in California to this office, her predecessor being Mrs. Mary Kingsford of San Francisco. The reports of Mrs. Edson and Mrs. Kingsford will have important bearing on proposed legislation at the coming session, especially with regard to the anticipated effort to change the eight hour law now obtaining in regard to women.

In response to a growing demand of thoughtful citizens, and directly in reply to a request from the Friday Morning club, the board of supervisors of Los Angeles county will appoint an advisory committee of women for Los Angeles County Hospital. This committee is to act in an advisory capacity only, making a study of methods and needs of the institution, which will be embodied in suggestions to the superintendent and board of managers.

General rejoicing among clubwomen throughout California followed the assurance of the state highway commis-

sion, given a short time since to Mrs. George W. McCoy of Sacramento, president of the Northern district, and Mrs. Bradford Woodbridge of Roseville, chairman of the civic committee of the California Federation of Women's Clubs, that every effort will be made to keep the new system of state highways built under the \$18,000,000 bond issue free of billboards and other unsightly monuments to commerce. A strong plea was made for the abolition of billboards along the new road.

An outdoor theatre is the innovation which, it is rumored, is being talked of among members of the Shakespeare club of Pasadena, and which—also rumor—is to be presented for consideration at the first business meeting of the board this autumn. Space lying just back of the clubhouse on Los Robles avenue is said to offer an available location for a theatre with seating capacity of five hundred.

Among proposed laws which the Legislature is to be called upon to consider this winter, is that being prepared by Ernest J. Lickley, supervisor of compulsory education in the Los Angeles schools.

The purpose of this bill is to amend the existing law, which requires all children of school age less than 16 years old to attend school unless both parents are ill, thus frequently forcing upon the pupils the distress of going to school insufficiently clothed and fed. The proposed plan is for the state to pay to the parent or parents of children so situated, the sum of \$3 per week, the amount a child would ordinarily earn if placed at work, and thus make it possible for him to continue in school.

Reports of the International Congress of Hygiene and Demography, which is to open in the National Capital the second week of September, remaining in session three weeks, promise much of vital import not only in

the broad field of world-interest, but also in that more personal sphere, the home. The program, devoted largely to preventive measures, includes increase of population, prevalence of morbid social conditions, marriage, divorce, pauperism, criminology; in the department of hygiene, growth and nutrition, foods, cold storage, sanitary milk, meat, and bread; for the child, school buildings, open air schools, playgrounds; the hygiene of traffic, street cleaning, construction and ventilation of cars and railway sanitation; industrial and occupational hygiene, fatigue, industrial insurance; the problems of sex, of old age, of sweat shops, and of communicable diseases.

Paris has five free restaurants for nursing mothers. They are located in the poorer quarters of the city and two meals daily are served, consisting of meat, soup, vegetables and unlimited bread.

It began in a tiny shop in the Julien-Lacroix Alley, in October, 1904, according to an exchange, with a cash capital of exactly ten francs. The patronage was represented by one mother. Day by day, however, the number of mothers increased, rising to four hundred by the end of the first year and eight hundred by the end of the second year.

The meals cost seven cents apiece. It is reckoned that the price of a bottle of sterilized milk feeds two persons, mother and infant. The mothers pay nothing and there are no formalities of any kind. No inquiry is made as to the religion, the nationality, or even the name of the patron. To be a nursing mother is equivalent to a free meal ticket.

The patronage of the five little restaurants is floating and variable. Some mothers find better luck and drop out. The customers increase markedly in numbers toward the end of each month, when funds are lowest; and, as might be expected, there are many more of them in winter than at other seasons of the year.

California Federation of Women's Clubs

EXECUTIVE BOARD

President—Mrs. James W. Orr, 2420 Gough street, San Francisco.

Vice-President—Mrs. A. A. Goddard, 1227 H street, Sacramento.

Vice-President-at-large—Mrs. Calvin Hartwell, 411 Summit avenue, Pasadena.

Recording Secretary—Mrs. Edward Q. Knight, 238 San Jose avenue, San Francisco.

Corresponding Secretary—Miss Jessica Lee Briggs, 1942a Hyde street, San Francisco.

Treasurer—Mrs. H. E. DeNyse, P. O. Box No. 695, Riverside.

Anditors—Mrs. Cora E. Jones, 826 Fifty-second street, Oakland; Mrs. T. H. Mines, Fresno field.

General Federation State Secretary—Mrs. Russell J. Waters, 900 West Adams street, Los Angeles.

District Presidents

Northern—Mrs. George W. McCoy, 2410 K street, Sacramento.

San Francisco—Mrs. Percy L. Shuman, 144 Sycamore avenue, San Mateo.

Alameda—Mrs. James Lynch, 1845 University avenue, Berkeley.

San Joaquin—Mrs. S. L. Wiley, 1450 J street, Fresno.

Los Angeles—Mrs. W. C. Mushet, 2614 North Griffin avenue, Los Angeles.

Southern—Mrs. Ella Westland, Upland.

CHAIRMEN OF COMMITTEES

Art—Mrs. Edward B. Stanwood, Marysville.

Civics—Mrs. Bradford Woodbridge, Roseville.

Civil Service Reform—Mrs. E. S. Karns, Channing Lane, Palo Alto.

Club Extension—Mrs. A. J. Rudy, Fresno.

Conservation—

Forestry—Mrs. Foster Elliott, 111 South Hidalgo avenue, Alhambra.

Waterways—Mrs. E. G. Greene, 611 Waverly street, Palo Alto.

Education—Mrs. May Cheney, University of California, Berkeley.

History and Landmarks—Mrs. William Fairchild, Placerville.

Health—Mrs. Charles F. Edson, 950 West Twentieth street, Los Angeles.

Household Economics—Miss Edna Rich, State Normal School of Home Economics, Santa Barbara.

Industrial and Social Conditions—Miss Mary E. Hamilton, 240 West Highland avenue, Redlands.

Legislation—Mrs. G. E. Swan, Upland.

Music—Madame E. Tojetto, 2848 Scott street, San Francisco.

Philanthropy—Mrs. William Baurhyte, 1033 West Edgeware Road, Los Angeles.

Press—Northern Chairman: Miss Hattie Sheideman, 2275 Broadway, San Francisco.

Southern Chairman: Miss Annie Bock, 212 South Grand avenue, Los Angeles.

Federation Emblem—Mrs. M. H. Gridley, 101 Brand boulevard, Glendale.

Reciprocity and Information—Mrs. B. F. Walton, Yuba City.

State University Club House Fund—Mrs. S. L. Platt, 1720 J street, Fresno.

Necrology—Miss Lucy Hatch, The Palms, Fresno.

Program—Executive Committee.



PRESIDENT'S MESSAGE

After a short vacation, counting from the close of the biennial convention, it seems as if the clubs were under the stimulus of an overmastering impulse to do things! The news that comes to the president's desk indicates that this will be our busy year! It is gratifying to note that already state clubs are applying for membership in the federation. Three applications have been accepted, and three more are in the hands of the corresponding secretary.

Possibly the revelation at the biennial convention of the importance and value of organization, has impressed the individual club with the futility of standing apart and alone.

While the club year opens under such favorable auspices, the districts are likewise alive to the year's activities. Alameda district had at its initial gathering a full representation of chairmen of committees, and from the personal observation of the president, there is no doubt that the district presi-

dent levied on very able women for her lieutenants in federation work.

The San Mateo County clubs of the San Francisco district met in council September 5, with several state officers as a supplement to the roster of district efficiency. The president has also been invited to attend the initial meeting September 19 of the Northern district. An invitation comes from Eureka with the hope that a county meeting can be arranged in October.

Clubs will receive direct communication from the state chairmen, thus placing before them very helpful suggestions, pointing the way to effective co-operation for the ensuing year.

The summary of state work, comprising concise information of the work of all of the committees, beside being incorporated in the year book, is issued in leaflet form, for the greater convenience of the busy club officer, who, in

these days is deluged with much printed matter. This seemed to the executive board the most feasible method of introducing the chairmen, collectively, many of whom serve for the first time, to the attention and knowledge of the clubs.

Year books have been received from "The Saturday Afternoon club of Banning," and the "Saturday Afternoon club of Santa Rosa."

Again we call the attention of club members to the necessity of subscribing for "The Club Woman." The printed word is a great asset, and publicity the sharpest tool we have. To be up to date in our work one must have the literature of the movement at hand for reference.

For the year that opens so auspiciously you have my best wishes and my hearty co-operation.

Mrs. James W. Orr.

MINUTES OF EXECUTIVE BOARD

A meeting of the executive board, C. F. W. C., was held at California Clubhouse, 1750 Clay street, Saturday, August 24, Mrs. J. W. Orr presiding. Thirteen members of the official family in attendance.

The following clubs were admitted to membership in the federation: Los Angeles City Teachers' club, Yreka Civic club, Van Nuys Woman's club.

Mrs. Percy L. Shuman, president of San Francisco district, Mrs. James Lynch, president of Alameda district, and Mrs. George McCoy, president of Northern district, were present and spoke of their plans for work in the districts which they represent.

The following state chairmen were present and gave outlines of their plans for advancement in the different departments which they represent: Mrs. Bradford Woodbridge, Civics; Mrs. F. S. Karns, Civil Service Reform; Mme. Emilia Tojetti, Music; Mrs. G. E. Swan, Legislation; Miss Hattie Sheideman, Northern district, Press. Written reports were at hand from Mrs.

Foster Elliott, Forestry, and Mrs. E. B. Stanford, Art.

The following experienced workers were appointed a committee to plan for raising California's pro rata of the General Federation Endowment fund: Mrs. E. G. Denniston, San Francisco, chairman; Mrs. A. L. Barry, Berkeley, Mrs. Emily Hoppin, Yolo, Mrs. Emma Fox, Lemoore, Mrs. Calvin Hartwell, Pasadena, Mrs. Howard Kutchin, San Diego.

Mrs. Emily S. Karns presented a check for \$25 from the Palo Alto club toward the Endowment Fund.

The board voted to endorse the effort to obtain an appropriation from the Legislature to erect a permanent woman's building on the state fair grounds.

That the officers throughout the state may keep in close touch, Mrs. Orr has adopted the very excellent plan of holding conferences in the different districts prior to the monthly executive board meetings, and reporting results of same at said meetings.

These conferences bring together the officers who are prevented by distance from attending board meetings, and enables them to voice opinions from time to time on the vital questions confronting the federation. The vice-presidents preside at these conferences—one being held in Sacramento, the other at Los Angeles.

One of these conferences was held at the Shakespeare clubhouse, Pasadena, August 1, under the direction of Mrs. Calvin Hartwell, vice-president at large. At this conference the following bills were selected from report of Mrs. Swan, chairman of Legislation, and recommended:

- Training school for girls.
- Health certificate for marriage.
- Joint guardianship bill.
- Community property bill.
- Registration of trained nurses.
- Uniform marriage and divorce laws.
- Pure food measures.
- White slavery bills.
- Age of consent 21 years.
- Tuberculin test for cows.
- Bill providing for sex hygiene to be taught to teachers in normal schools.

At the Northern district conference held at the home of the vice-president, Mrs. A. A. Goddard, the following topics were discussed: The establishment of maternity cottages for the respectable poor, the passage of a bill for the establishment of an industrial school for delinquent girls, of a bill compelling fathers to support illegitimate children, of a health bill and of a tuberculosis test. It was recommended that the age of consent for girls be raised to twenty-one years, that there be equal guardianship between parents and equal community property rights. The establishment of a psychopathic parole society was also recommended.

A report of the district board meeting held at Los Angeles on July 23 was presented.

The clubwomen of the state will devote much time to the consideration of proposed legislation, and of questions pertaining to the welfare of the child, the home and the state. It is to be hoped that their influence for good will be far reaching.

Mrs. E. D. Knight,
Recording Secretary.

NORTHERN DISTRICT

A conference of the state chairmen of the Northern district of the California Federation of Women's Clubs was held the afternoon of August 17 with Mrs. A. A. Goddard, vice-president of the state federation, at her home, 1227 H street.

Many important subjects were discussed and measures indorsed, among the latter being the establishment of maternity cottages, the passage of a bill for the establishment of an industrial school for delinquent girls and a bill to compel fathers to support illegitimate children.

Those present were Mrs. George W. McCoy, president of the Northern district, Sacramento; Mrs. A. F. Jones of Oroville, vice-president of the Northern district; Mrs. B. Woodbridge of Roseville, chairman on civics; Mrs. B. F. Walton, Yuba City, chairman on improvements; and Miss Jennie McConnell, member of the committee on redistricting. Mrs. William Fairchild of Placerville, chairman on history and of Marysville, chairman on art, mailed landmarks, and Mrs. E. B. Stanwood reports of their work.

LOS ANGELES DISTRICT

A great stimulus to the musical interest of the Los Angeles District Federation of Woman's Clubs was received when Mrs. George H. Hutton of Santa Monica, chairman of music committee,

invited the presidents and chairmen of music of the clubs in the district to meet with her and arrange for more efficient work on the part of individual clubs during the coming season. The

response was a large and enthusiastic audience which listened to Mrs. Hutton's plans and suggestions, much of which was embodied by the speaker in a few comprehensive remarks:

"Have one program each year devoted exclusively to American composers.

Study operas which are to be given here this season.

"Form opera clubs so as to create audiences.

"Study the symphony orchestra programs and attend every recital.

"Attend the Brahms Quintet Chamber Music recitals and rehearsals.

"Become acquainted with the different instruments of an orchestra; learn their values; know where they are located and why.

"Learn how to listen to music intelligently, not alone emotionally.

"Have every club program begin and close with a musical number, which shall be preceded by a brief description of the composer and the work.

"That clubs having extremely excellent musical programs shall offer to repeat them before other organizations which have not the same opportunities.

"And, forever and always, to fight against the pernicious influence of banal music and ragtime incoherencies."

As a keen lover of the best and highest in music, and one who feels that club influence should be used for raising the standard of American music, Mrs. Hutton is especially fitted to carry out splendid plans for the Los Angeles district.

Mrs. W. C. Mnshtet has many excellent plans for furthering interest in the departments of the federation work, and she wishes presidents of clubs to meet in council to exchange and discuss plans and policies relative to good team work on the fourth Tuesday in September, when the first board meeting for the season will be held.

With the membership nearly 10,000, and a roster of ninety-three clubs, the Los Angeles District Federation of Women's Clubs, is ready for its year's work. This membership is a gain of more than 1500 over last year—the Los Angeles Teachers' club having added more than 700.

Mrs. W. E. Britt.

CLUB HISTORIES

Nurses' Association

In September 1904, sixty-two graduate nurses responded to the call to meet in Los Angeles for the purpose of forming a permanent organization, to be known as Los Angeles County Nurses' Association. In the eight years of its existence, monthly meetings have been held, except during the three summer months, and the membership has grown from sixty-two to two hundred members, falling back in the last year to one hundred sixty-eight.

To be eligible for membership, a nurse must be a woman of good character and a graduate of a training school connected with a reputable hospital which meets certain requirements. At the monthly meeting of the association, it is the aim to have programs

presented which will be helpful and instructive to the practicing nurse. Subjects of vital interest to the profession, and those subjects which the state and national associations consider are also discussed, and in this way the local nurse keeps in touch with the nursing affairs of the country. Through affiliation with the California State Nurses' Association and with the American Nurses' Association, interests are broadened and the local nurse feels that she has some part in the larger affairs of the profession.

The peculiar character of a nurse's work is such that affiliation with some nursing organization is imperative if she wishes to grow. The day has passed when a trained nurse can take no interest in nursing affairs and still

(Continued on Page 32)

STATE HEALTH LEGISLATION

Mrs. Charles Farwell Edson, State Chairman of Health

As the state chairman of health, my message to the individual clubs is to write into the Law of California those resolutions endorsed by our state convention at Paso Robles.

To do this every club should endorse the following resolutions and send copies of them signed by president and secretary to every candidate for the assembly or senate in their district. Candidates names and addresses can be obtained from the county clerk. With these resolutions should go a personal letter from the chairman of health, civics or the club president, if the club has no special chairman, telling the candidates that these resolutions were passed at the state convention representing 25,000 women voters and will be presented in the form of bills at the coming session of the Legislature in January. Ask for their co-operation and support and also ask for a reply stating the individual opinion concerning these bills. It is against the law for candidates to pledge themselves but if we find men who will not support the measures endorsed by the state federation our business is to send men to Sacramento who will. Our vote was won to make the mothers of California powerful to protect their children. The child's first right is to be well born. To insure this a bill incorporating the following thought will be presented:

"Whereas, Women and children are the greatest sufferers from venereal diseases in the marriage relation, Be it therefore

Resolved: That the California Federation of Women's Clubs endorse a bill providing for a certificate of freedom from venereal diseases in their infective stages for all applicants for marriage licenses.

The second is that children may have pure food in the first years of their life, and the first essential is clean milk from healthy cows. To this end the convention endorsed this resolution:

Be it resolved, That the California Federation of Women's Clubs endorse any bill submitted to the state veterinarian which will provide for the elimination of the tuberculosis cattle from the dairy herds of the state.

Every club should have a written answer from these candidates for the Legislature, saying that they are heartily in accord with these resolutions, before the November elections. If candidates do not reply it is safe to say they are not in harmony with these ideas and it is wise to support men who are. Personal talks by club members with candidates as to the purpose, aim and power of the state federation will go a long way towards making the wishes of the clubwomen of California part of the organic law of the state. To correctly understand the necessity for a certificate of freedom from venereal diseases read the great play, "Damaged Goods," by Brieux. It comes in a volume called "Three Plays by Brieux," with a preface by Bernard Shaw, and costs \$1.50. It should be owned by every club and be in every public library in California and read by every young man and woman in the state. If your club or library cannot get it, write to the state library at Sacramento for it and devote one club day for its reading and discussion before January 1, 1913. The Friday Morning club of Los Angeles devoted one session last March to it with great interest and profit.

At the biennial Dr. Rachel Yarros of Hull House discussed this subject before an enormous audience and the convention endorsed the same resolution that our state federation had endorsed in May.

Florence Kelley, secretary of the National Consumers' League, wrote me that if the women of California would demand legislation guarding innocent women and children in the marriage relation, and protecting the children of

California from impure and unhealthy milk, it would be such an unanswerable argument for woman suffrage that our sisters throughout the Nation would be enfranchised much sooner as a result.

Dean Sumner, the brave clergyman of Chicago, after years of investigation of the sources of evil, corruption and disease, refuses to marry individuals without such a certificate as we demand. Indiana and Oregon both have such protective measures.

Among other measures brought to the attention of the state convention but most important in making public opinion in their support is the appointment of a minimum wage commission. One has just completed a great work in Massachusetts, which gives a basis for intelligent legislation.

Also public interest should be developed in our state board of health. Its appropriations have been most inadequate for modern scientific work. To properly protect the health of the

citizens of the state our legislators should be sustained in any effort they may make to increase the appropriations for its increased efficiency.

We must work on the health problems of our own localities, and we should never neglect them, but at this time until after the Legislature closes, our business is fundamental state health legislation.

The biennial convention, G. F. W. C. re-endorsed the demand for a National Department of Health and the co-ordination of all local, state and federal health activities. We all stand for freedom in individual treatment of disease, but we must also all stand together for the collective prevention of disease.

Women of California! It is our business to transmit the stream of life. Let us see to it that we are not responsible if it is polluted at its source.

Yours for a clean and wholesome California.

Katherine Philips Edson.

MOTHERHOOD A COMMUNITY ASSET

Dr. Luther H. Gulick, director of the child hygiene department of the Russell Sage Foundation, in an address at the recent convention of the National Educational Association, declared that although woman suffrage is inevitable in the progress of political government, woman's main mission is social service.

"Woman is as sure to have the suffrage as the tide is to rise," Dr. Gulick declared, "not because she is as wise, as strong, as skillful as man is, nor because she, like him, is a human being, nor for any other reason of likeness or duplication at all, but because she is different, because she can do what he cannot, because the world needs her peculiar and special abilities.

"It is because she is different, because these differences are fundamental world needs, that it is necessary that she shall bring these differences to the service of the world. This fact whether woman wants it or no, the suffrage will force inevitably upon her. She must speak, but because she is different and

not because she is like. The vote is no end in itself.

"To serve the community in ways in which she is the creator and specialist is the end, and toward this service the women of the civilized world are pressing, most of them unconsciously—a few of them consciously, but all of them inevitably.

"Many of the psychic functions of motherhood she is even now discharging in the school. She is making play grounds for children, healthier conditions in schools, fairer conditions for the work of men, women, and children in farm, store, factory, shop and mine. The ideal is that of universal motherhood—all the women being responsible that every child is loved, cared for, and given a fair chance.

"The deepest need of woman is the need of being needed. If ever woman was needed it is today. The very riot of our material riches is the peril of our souls."

CIVIC CAMPAIGN OUTLINE

Mrs. Bradford Woodbridge, State Chairman of Civics

Among progressive citizens everywhere civics today stands acknowledged as the important factor in bettering conditions under which we live, and the health, happiness and welfare of our communities are affected in just such measure as we are concerned in civic advancement. But the term has become so comprehensive and the work so intertwined with almost every other department of the federation that it is difficult to determine the lines of demarcation—to know where each chairman's activities ought to end and possible interference begins.

It is not easy to recommend a general plan of civic treatment which will apply from Siskiyou to San Diego, for each case, in my opinion, should be treated symptomatically, and it is for every club to decide, after studying its civic ills and making a careful diagnosis, what the remedy must be for its own special ailment. Some features of civic inactivity, however, incline to be epidemic throughout the state, and a regularly prescribed tonic of the good old school containing the stimulating ingredients of civic interest, energy and wisdom, might be administered generally in large and frequent doses.

Cleanliness is the first important thing to consider. Write to your district chairman for a plan for "Clean-up Day." Provide waste paper cans for your streets and school grounds. Bury your tin cans or haul them to some secluded spot. Don't dump them along the county roads. Under the direction of the fire chief have a municipal bonfire occasionally. Make it an evening of fun and frolic, interest the children, have the local band and some speech making.

Organize a junior civic league. Let every club in the state have at least one such protege, and note the results. Teach the children the importance of a clean city, to fight flies and mosquitoes, and what proper sanitary conditions mean. When you have become clean

and wholesome it is time to beautify and adorn. Let there be a tree or flower in every spot in your city where one will grow. Make your school grounds attractive. Teach the children to observe arbor and bird days. Work for supervised plays and play grounds. Remember the more playgrounds and school gardens the fewer reformatories and prisons. Make large use of your school buildings for social centers. Work for juvenile courts, detention homes and probation officers.

Provide sanitary drinking fountains for schools and streets, rest rooms for women and children, and urge the establishment of a psychopathic parole society. It is reported that there are seventy women confined in the state insane asylums who might be released if proper homes could be secured for them.

Study the legislative bills that affect women and children, health and sanitary measures, which are likely to be presented at the coming session of the Legislature. Arrange frequent public conferences of men's and women's organizations and invite discussion on how to improve your surroundings. Secure the co-operation of your local newspapers. Ask for a civics column and keep it intelligently and well filled. Ask your minister to preach a civics sermon occasionally, advertise it through your club, and be sure you go and hear it.

Make your railway stations comfortable and artistic and do what you can to uphold the Travellers Aid.

Do not black list, but have a white list, and lend your patronage to merchants who do not offend your eyes by unsightly bill boards.

Siskiyou has this malignant disease and so has San Diego. Concerted action on the part of club women means that we can be rid of the plague. I would suggest that you secure city and county ordinances prohibiting advertising signs on trees and fences along

(Continued on page 32)

STUDENT CLUBHOUSES

Mrs. A. P. Black

The most important consideration to a young woman entering our State University is the temporary home in which she is to live during the four years of her college course. An ideal home is a comfortable, restful place with sympathetic, congenial inmates. The majority of young women students come from homes where these elements prevail and if the college course is to be happy and effective, there must be a background in the life of the student that is something akin to this. The sororities and the student clubs provide these essential home elements, and they are also to be found in a greater degree in a dormitory than in an ordinary boarding house where the student can claim nothing more than a place to sleep, eat and study, for her monthly rent.

The housing of women students is a problem in any college and especially so in a State University where dormitories are seldom provided.

In Berkeley the problem did not become a serious one until the university had more than 1000 women enrolled in its various classes and then the necessity became apparent that some arrangement must be made for their accommodation. Through the agency of Mrs. Phoebe A. Hearst who had become interested in solving this problem, Dr. Ritter was sent east to see what plans had been worked out in other colleges open to women students. The result of her investigation showed that the small group system of fifteen or twenty girls in a house with a house-mother as advisor and chaperon proved the most satisfactory. Upon this conclusion, Mrs. Hearst furnished the first two women student clubs in Berkeley, the Enewah and the Rediriva composed of fifteen women each. The need for more clubs soon became apparent and to meet this demand, a committee

was formed to solicit funds from people interested in the welfare of college students.

The California Federation became interested in the movement in 1904. This organization aimed to furnish ten club houses at a total cost of \$10,000 of which sum \$1000 was to be contributed annually. The plan of raising this money in the clubs has been to ask each member to pay ten cents per annum in addition to her regular dues. The federation has never succeeded in raising the full sum of \$1000 in one year but up to the present time, it has contributed \$4000, which has furnished five student club houses. The cost of equipment is considered a loan and each club is required to pay back to the university committee the sum of \$100 per annum until the whole amount has been refunded. This money is again used for the furnishing of new club houses, so that the fund becomes revolving and perpetual.

The first federation club formed was the Cuoc Tara. In 1909, this club became a sorority and paid back the balance due on its loan. This money was used to equip the Carnarvan club in 1910. Cranford club was established in 1908 and Alice Freeman Palmer in 1910. This latter club disbanded during the first year of its existence, but Kel Thaida immediately took its place, using the same furniture and becoming in effect the same club. Cranford club, located in a comfortable house at 2305 College avenue, is a representative club and any inquirer visiting there will be convinced of the efficacy of the system.

This house accommodates fourteen girls and a housemother. This is the usual size of the clubs, and the method of filling vacancies is much the same as in the sororities. Students are invited to the house, entertained socially

and given an opportunity to meet all the members of the club. Then if favorably voted upon, they are asked to join the family group, and to make a pledge of fealty, forbearance and kindness to their fellow club members. The housemother is the counsellor and chaperon, actively interested in the welfare of the girls.

The business affairs of the house are entirely in the hands of the girls who elect from among their number a president, vice-president, secretary, treasurer and business manager. The business manager has many duties. She hires the help, arranges menus, does the marketing and attends to the general business of the house. The monthly expenses are divided among the girls of the club. The amount of assessment varies a little from month to month but it generally averages about \$25 per member.

This co-operative living is excellent training for young women. They learn consideration for one another and moderation in the use of common privileges. They learn too, that carelessness in house management means an increased assessment and watchfulness of details means a well run household and a greater degree of comfort.

The club house system presents in many ways the elements of home life and spirit. The girls of such a group have a common aim and interest. Their house affords them the opportunity of

entertaining their own friends and those of their comrades as well as members of the college faculty and other persons of distinction.

The university is growing every year. Each freshman class is the largest on record. This year there are nearly two thousand women in college and less than one third of these can be accommodated in the clubs and sororities. The extension of the dormitory system will not do away with the necessity for club houses. College Hall, the one dormitory at present available in Berkeley, makes a charge of \$32.50 a month for board and room, a price which is beyond the means of many of the girls.

After a trial of eight years, the club house is declared to be the best system yet discovered of housing women students in a university. To carry on this work, the committee needs the co-operation of the women of the state federation and appeals to their helpful interest and generosity. Every house for which they furnish the equipment will constitute a home for another group of girls, many of whom are obtaining a college education under adverse financial circumstances. It will provide for these girls that protection and congenial companionship which every mother would naturally crave for her own daughter were she in a similar position and separated from her home and family.

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Mr. Seyler studied in Germany for several years, being a pupil of a number of celebrated Berlin composers, from whom he acquired a deep insight into the meaning of musical creation. A composer himself, some of Mr. Seyler's productions show great originality and interpretative ability

STUDIO BLANCHARD BUILDING

WHO WILL STUDY DIETETICS

Mrs. Ednah A. Rich, State Chairman Household Economics

The chairmanship of the home economics department of the California Federation has been so ably filled past years that clubs must be quite ready to continue the work for the coming months.

Especially valuable to the section were the interesting meetings at the biennial, where the experience of Mrs. Olaf Guldin, the enthusiastic national chairman, was an inspiration for renewed effort. Treatment of the subject by speakers at this gathering, by writers in the current periodicals, and in courses of study arranged at some of the best institutions, is endorsement of your chairman's outline. The topics are so well arranged that they may be continued for a little until your new chairman's correspondence with the several sections makes it possible for her to know their actual and individual needs. All clubs will be interested in the legislation relating specifically to regulating food supplies, etc., and public sanitation, while other communities may feel that household arts, as expressed in arrangement, furnishings, etc., is a more profitable study.

The subject of textiles and of the economics of spending, promote interesting discussions, since actual tests of fabrics are possible to the initiated housewife.

"High cost of living" is a phrase to be disproved by the woman trained in home economics. State and Government are trying to give the consumer full value in her purchases, and it lies with the home maker to see that the "pure food" is not wasted during preparation for serving. So there may be clubwomen who will study economy by making "cookbooks. Knowledge of dietetics may not be a panacea for all evils, but it certainly means better balance and many clubs should study food values.

The foregoing is suggestive that

California clubwomen may intensify on many phases of the subject as they choose. We shall keep all the study practical and worth while.

The resources of the special departments in the California Normal School of Manual Arts and Home Economics, where I have the honor to be president, are at the service of all who through club organization desire special study. The federation books belonging to the section as reference for the outline provided by your past chairman, Miss McConnell, are in my charge, subject to your call.

May I suggest that if I can help the clubs by giving talks on any phase of the work at their meetings, I shall be glad to arrange for the same when time will permit.

I am glad to give my time and knowledge with only the compensation of actual traveling expenses and entertainment. I would not have clubs undervalue such service, for to take time from official duties and give myself the tedious railway journey with delays and incidental expenses, etc., is indeed a personal sacrifice, but one I am willing to make because of my intense interest in the value of the co-operation of the federation in this subject.

Modern methods of administration provide for coöperation between civic and educational interests, and through the upbuilding of homes can be made the most effectual adjustments of the vital questions of the hour.

My fore-word, then, is that clubs may signify their choice of subject, and as their chairman, I shall outline plans to meet their specific needs.

The most valuable result of education is the ability to make yourself do the thing you ought to do, when it ought to be done, whether you like to do it or not.—Huxley.

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MA'S VACATION

I'm glad—the kids all are, I guess—
When school vacation's here. We dress
Ourselves just any way we choose;
No stockin's on our feet, nor shoes.
Just breeches, waist, an' hat, an' they
Are plenty for a summer day;
An' when we go to swim we jest
Give one good shake, an' we're undressed!

But mother has an awful time!
When she sees us kids start to climb
She hollers to us: "Don't do that!"
An' if she don't know where we're at
She worries till we're home again.
She tells us to be "little men"
An' not climb trees an' make a noise—
But dad tells us to "just be boys."

Dad says he likes to see us run,
Play ball an' swim an' jest have fun.
Dad says that bein' men is tough
An' that we'll be men soon enough.
He tells ma that she goes "Cluck!
Cluck!"
Like an old hen that's hatched a duck;
An' then they both laugh, like that
wuz
A joke, an' ma says p'raps she does.

But though vacation's just begun
I guess ma'll be glad when it's done;
She says when we are safe in school
She knows that no old swimmin' pool
Will git us drowned. Ever sence
I slipped and tumbled off the fence
She says vacations wear her thin,
An' she'll need hers when school takes
in!

—Exchange.

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DECLARATION OF PEACE

Mrs. Frances Squire Potter at San Francisco

Pronounced by many to be the finest oratorical effort of the biennial, Mrs. Frances Squire Potter's address on "The Declaration of Peace," was delivered in the Sutter street pavilion the night of July 4, and listened to by an audience of several thousand, the house being crowded to the doors. A significant feature of the same event was the greeting brought by Baroness von Suttner from the Austrian Peace Society.

Mrs. Potter, presenting her subject from the point of view of the chairman of the department of literature in the General Federation, said:

"The Declaration of Independence which marks the beginning of these United States was a declaration of war. The time has come when this world is ready for a new kind of declaration which shall put an end to war. A declaration of peace is the declaration of freedom for a race instead of a nation," said Mrs. Potter.

"California is the hope of the United States in its realization of the ideals of our forefathers. And yet why do you have or permit a military drill law, such as you have, which provides for the arming and training by the state of high school boys?"

Continuing her thought along the line of industrial warfare and the disappearance of militarism among civilized nations, Mrs. Potter said:

"As the masters of finance are internationally organized on the one side, so darkly confronting them are drawn up the workers of the world, internationally organized likewise.

"The workers of the world have repudiated militarism. In numbers they are in the majority, but economically they scarcely subsist. Those that are organized in the trades unions and within the Socialist party officially have recognized and discarded war. When put to it, labor developed a

policy of war antipodal of the battlefield.

"Military warfare has for its ideal aggressive action, violence; industrial warfare, whose battle is the strike, employs passivity—doing nothing. Military warfare perpetuates an army of idlers—its soldiers are active during only the abnormal period of war. They are idle during the normal period of peace.

"Industrial warfare perpetuates an army of workers who are idle during only the abnormal period of war. Lastly, industrial warfare welcomed women into its ranks and thus doubled the number within its army. It is those industrial storms which rage beneath our horizon of the darkness and terror of which we know little or nothing, which have cast across our magic skies like rainbows our cosmopolitan culture, our iridescent social life, our academic interchange of ideas.

"We organize polite clubs that we may acquaint with one another the fortunate of all the races of the world. This is but a glimmering, a reflection of what is happening among those who are in the thick of labor. There strike after strike is fusing all races into one race—the race of workers; all religions into one religion, the faith that he who works shall produce, shall live and shall give expression to himself.

"Innumerable voices are crying abroad that there is an industrial and political warfare as dreadful as is military warfare, that our working classes are in a state of siege intermittently starved into surrender which means an industrial slavery excruciating in its nature; that in our free country the lives of our workers are held at naught. We know certainly that more than a million of children under fourteen are paying their youth and joys as tribute.

"The fall of every great state in the

past has been due to the impossibility of true representation of the people—to the fact that the mass of men have been kept out of power, barred out from responsibility, kept as pensioner and pauper, as ornaments and slaves.

"Is it any wonder that until an adequate minimum wage legislation based upon the cost of living guarantees to the man, woman or child who works full time a full living wage, the organized unions of labor insist that the quick brains among them shall not crowd out the slow brains of others in the struggle for existence?

"To the workers of the world, committed to the cessation of military warfare, peace can never mean inertia under tyranny. It must mean constructive legislation which shall represent the will and right of all the people.

"If instead of constructive legislation an armed militia is perpetuated too long to protect a part of our citizenry, then they will insist that this police shall protect all the citizens; they will insist that our militia be multiplied and, like guardian angels, stand with leveled bayonets behind the chair of every trust magnate, scrutinizing his signature; that our militia shall guard every railroad, mine and factory,

and shall ever regard life more highly than property, which is not now the case."

Full of interest was the report of the literature and library extension department, of which Mrs. Potter was chairman.

In the course of her paper on library extension Miss Stearns declared "The only book worth while answers one of these needs—it informs, it inspires or refreshes," and also credited California with furnishing the best example in the world of county work.

It was Miss Stearns who urged that a book wagon be made an auxiliary to the library in country districts, a book laden wagon which shall be driven weekly to the very doors of ranchers and farm houses, thus not only making it possible for busy wives and "shut-ins" to come into direct touch with the latest and best in modern literature, but arousing in many to whom books have not yet become one of the necessities of life, a desire for knowledge and a love of literature. Miss Stearns also strongly advocated that library buildings be utilized as social centers.

THE GREAT CITY

What makes a city great and strong?

Not architecture's graceful strength,
Not factories' extended length,

But men who see the civic wrong

And give their lives to make it right,
And turn its darkness into light.

What makes a city full of power?

Not wealth's display nor titled fame,
Not fashion's loudly boasted claim,
But women rich in virtue's dower,
Whose homes, though humble, still
are great

Because of service to the State.

What makes a city men can love?

Not things that charm the outward sense,

Not gross display of opulence,

But Right, that wrong can not remove,

And Truth, that faces civic fraud
And smites it in the name of God.

This is a city that shall stand,

A light upon a nation's hill,

A voice that evil can not still,

A source of blessing to the land;

Its strength not brick, nor stone, nor wood,

But Justice, Love and Brotherhood.

—Christian Standard.

RECIPE FOR MAKING A GOOD CLUB

Mrs. C. F. Henson

Take two parts of desire for a larger living, or what we term culture, and two parts of intelligent interest in the vital questions of the day; mix them with enough sociability to make a light sponge and set it away carefully to rise. When it has risen to about twice its natural size, add some carefully picked officers and directors washed in the waters of self-sacrifice and plentifully dredged with perseverance.

Now add one part of civic work, or as much as your town requires, and one part of philanthropic activity; allow a gospel measure of the genial spirit of reciprocity for sweetening, and cream it up with enough of the milk of human kindness to make a smooth batter. Take a whole heartful of enthusiasm and dilute with common sense. When the alkali of the enthusiasm unites with the acid of common sense in a foaming mass, stir up quickly, then add spices—womanliness, tact, humor, broadmindedness, and talent, with a dash of difference of opinion.

Next take a dozen fresh committees and beat them up well—beat them until they are stiff enough to stand alone—then toss them in; throw in your afternoon programs—not too full, for there must be room for them to swell with animated discussion.

Lastly, add flavoring — Robert Browning's optimism, though some

prefer Emerson's. Now beat the whole up well with individual effort, for on this the whole club success depends. When thoroughly beaten, pour into a large vessel of opportunity previously greased with Roberts' Rules of Order to keep it from sticking, and set in a comfortable clubroom for one and a half or two hours. The time depends on the temperament manifested. Test with a splint from the broom of experience. This splint must come out clean and shining. When at just the right stand, make an icing of afternoon tea, lectures and entertainment, and spread thickly. This will make a feast of reason and a flow of soul for about one hundred members. Serve every two weeks.

And I, too, sing the song of all creation—

A brave sky and a glad wind blowing by,

A clear trail and an hour for meditation,

A long day and the joy to make it fly;

A hard task and the muscle to achieve it,

A fierce noon, and a well contented gloam,

A good strife and no great regret to leave it,

A still night and the far red lights of home.

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GROWTH OF ART DEPARTMENT G. F. W. C.

To Mrs. Everett W. Patterson, chairman of art, one of the speakers of the morning when Mrs. Moore made her report, was given the honor of opening the program. She said in part:

"More than two thousand clubs have had lectures on art in the last two years and at least three hundred have had exhibitions of art; three hundred have had lectures by specialists of renown. Over fifty clubs have reported studying art and crafts, but five hundred would be a closer estimate. The very existence of the many art and crafts societies and of the two national bodies is due to the appreciation and patronage of women. The now almost universal decoration of school rooms, began, perhaps, about 1890 by a Boston painter, has always been recognized as an important part of the work of women's clubs. Our census of 1910 showed that three hundred and forty-nine clubs had given pictures, casts and books to schools, another hundred mentioning similar gifts to libraries, hospitals, social settlements, juvenile courts and mining camps. But these figures give no adequate idea of the extent of the movement.

"The teaching of art history in schools, which many towns have adopted through the recommendation of the club women, has assumed such importance that a national organization for its promotion has been formed within the last two months.

"The traveling art exhibits came into life in 1906, and the circuits were continued until June, 1908, when on account of the great expense they were discontinued for a few years. After careful investigation, it was found that

clubs were willing to pay a nominal fee, perhaps aggregating enough to pay for collection, expressage, insurance and cataloguing. Therefore, after nine months of correspondence with artists and clubs, five collections were put in circulation early in 1912 and three of these are even now traveling in the Northwest.

"Do we club women fully realize that over eighty cities have art commissions or city plan commission? And that many of these towns, as well as several states owe these commissions to the continued efforts of the club women?

"When we think of the growth in twenty-two years from twenty-four art clubs to twelve hundred; when we think of our beautiful homes, our gardens, our streets, our city, state and national parks; when we think of our beautiful schools and libraries, our churches and our museums; when we find ourselves demanding good design, simplicity and harmony; when we see, each year, a growing appreciation or the necessity of art in every walk and in every hour of life, we feel we may well cry out in the words of our first and greatest club woman: 'Mine eyes have seen the glory of the coming of the Lord.'

"But let us be humble. Let us be diligent. Let us not forget that much still remains to be done before we may surpass the art of the past ages. Let us remember that before our great artists can express perfectly our varied civilization we must each of us learn the gospel of art. Not club women alone, but our children, our friends, our servants and the strangers within our gates."

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FOR THE GIRL

Social hygiene and the need of protection for the girl were topics considered one afternoon in joint conference under the auspices of the health and education departments.

Judge Clayton F. Herrington of the Federal Department of Justice discussed the white slave traffic and told of the efforts being made to stamp it out by the United States Government.

Judge Herrington sharply criticised Congress for appropriating only \$350,000 to be used in the war on white slavery.

He told of the conditions existing in the large cities and the crying need for protection of the young girl. He outlined the work of the government and civic associations of San Francisco in combating the social evil. In part he said:

"I am told that this federation represents 900,000 of the women of our land. It can be made the most powerful agency for the creation and expression of public opinion in the civilized world.

"We do not need more laws to combat this social evil. There are laws enough. But we need that public opinion, which is the very life of all law, which will demand the fullest provision for its enforcement. It is for you to see—it is your high privilege to see—that no congressman goes to Washington unpledged to make the most ample provision for the abolition of slavery in this country.

"I appeal to you, the mothers, wives and daughters of our people, to vow in the name of your womanhood and in the name of your motherhood that these crimes against the lives and against the souls of the daughters of our race shall no longer be tolerated.

"Every honest man with join you to hunt down the white slaver, the enemy of the human race. Demand of every executive of the law—governor, mayor, sheriff, chief of police—the utmost extremity of the law against them."

Mrs. John V. Cowling of New Jersey, claimed that one great need of the

times is a greater interest of the people in their schools, the assumption of a greater responsibility on the part of the parents in the education of the child and the provision of more money for education.

"It is wrong to place almost the entire responsibility of the education of the children on the schools," said Mrs. Cowling. "There now is but little co-operation from the home, and that little is exerted by the women's clubs.

"We should give careful study to the need for more money for the support of schools, and to the means of getting that money. It is our business to increase the school revenues and to swell the annual school budgets.

"It has been shown that in the United States the national average of school teachers' pay is less than \$500 a year, and that in some states the average is below \$200 a year. We cannot get good teachers unless we pay them good salaries."

On the subject of "Education for Efficiency; Vocational Guidance for Girls," the discussion was led by Mrs. W. N. Orris, chairman of the education committee of the Nebraska Federation, and Mrs. George H. Fowler, chairman for education of the Rhode Island Federation.

"I want to make a strong plea for the practical education of girls," said Mrs. Orris. "The girl who can gracefully sweep out a room is of more real value than one who can gracefully sweep over a ballroom floor.

"Girls should be given the best possible education. Each should have at least a high school education. But the great thing is the art of homemaking. That is the woman's real work in life.

"The ideal home is a place of rest and comfort and retreat from the cares and buffetings of life. Womanly service, companionship and sympathy are what make the good home. Teach your girls that it is better to be a good woman than a great lady—that commonplace things nobly done are the grand things of life."

THE OLD KNIGHT'S VIGIL.

Once, in this chapel, Lord,
 Young and undaunted,
 Over my virgin sword,
 Lightly I chaunted,
 "Dawn ends my watch. I go,
 Shining, to meet the foe."

"Swift with thy dawn," I said,
 "Set the lists ringing!
 Soon shall thy foe be sped
 And the world singing!
 Bless my bright plume for me,
 Christ, King of Chivalry."

Warworn, I kneel tonight,
 Lord, by thine altar!
 Oh, in tomorrow's fight
 Let me not falter!
 Bless my dark arms for me,
 Christ, King of Chivalry.

Keep thou my broken sword
 All the long night through,
 While I keep watch and ward!
 Then, the red fight through,
 Bless the wrenched haft for me,
 Christ, King of Chivalry.

Take, in thy pierced hands,
 Still, the bruised helmet;
 Let not their hostile bands
 Wholly o'erwhelm it!
 Bless my poor shield for me,
 Christ, King of Chivalry.

Keep thou the sullied mail,
 Lord, that I tender
 Here at thine altar rail!
 Then, let thy splendor
 Touch it once . . . and I go,
 Stainless, to meet the foe.

—Alfred Noyes, in *The Century*.

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A VISIT to our drapery department is quite a revelation to those not acquainted with this department. You will find many very helpful suggestions for the bedroom, den, etc., worked out in an artistic manner by men who know.

Suggestions for home decoration are carried out here in a manner that is not only pleasing to the eye, but instructive and helpful to those who are considering changes in their decorations or the advisability of furnishing a home.

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If you are to profit by the lessons of history . . . if you are to prefer good citizens to desperate criminals . . . you will abolish vengeance and hatred from your system, in fact as well as in theory, and you will strive so as to reform your penitentiaries and their inmates, that you will be able to undo some of the evils your penal system has been accomplishing. . . . You cannot teach a man habits of industry when you deprive him of all the products of his labor. . . . You cannot administer justice while either sickly sentimentality or hate and malice influence your judgments.—An open letter to Society from a convict.

Out upon your guarded lips! Sew them up with packthread, do. Else if you would be a man speak what you think to-day in words as hard as cannon balls, and to-morrow speak what to-morrow thinks in hard words again, though it contradict everything you said to-day. Ah, then, exclaim the aged ladies, you shall be sure to be misunderstood! Misunderstood! It is a right fool's word. Is it so bad then to be misunderstood? Pythagoras was misunderstood, and Socrates, and Jesus, and Luther, and Copernicus, and Galileo, and Newton, and every pure and wise spirit that ever took flesh. To be great is to be misunderstood.—Emerson.

KITCHEN DISTANCES

How far do you travel in your kitchen daily and yearly, and how much of the distance could be saved if the room had been better planned? Mrs. John D. Widstoe of Utah Agricultural College, makes the following comparison between the distances she used to walk in the kitchen she found in her house when she moved into it and a new kitchen recently built after her own plans

Routes.	Old.	New.
No. 1. From stove to dining table.....	36 ft.	18 ft.
No. 2. From stove to sink.....	12 ft.	2 ft.
No. 3. From dish cupboard to dining table.....	24 ft.	15 ft.
No. 4. From sink to dining table.....	26 ft.	16 ft.
No. 5. From work table and pantry to stove.....	21 ft.	3 ft.
No. 6. From dish cupboard to stove and dining table.....	48 ft.	24 ft.

To Get One Meal

Route No. 1, is traveled 4 times.....	144 ft.	72 ft.
Route No. 2, is traveled 3 times.....	36 ft.	6 ft.
Route No. 3, is traveled 3 times.....	72 ft.	45 ft.
Route No. 4, is traveled 4 times.....	104 ft.	64 ft.
Route No. 5, is traveled 5 times.....	105 ft.	15 ft.
Route No. 6, is traveled 3 times.....	144 ft.	72 ft.

Total Distances

To get 1 meal.....	605 ft.	274 ft.
To get 3 meals.....	1,815 ft.	822 ft.
To get 3 meals a day for 1 year.....	662,475 ft.	300,030 ft.
To get 3 meals a day for 20 years.....	13,249,500 ft.	6,000,600 ft.

Distances in Miles

Traveled in 1 year getting meals.....	125 miles	57 miles
Traveled in 20 years getting meals.....	2,509 miles	1,136 miles
Saved in 20 years in the new kitchen.....		1,376 miles

HOUSEHOLD GODS

The baby takes to her bed at night
A one-eyed rabbit that once was white;
A watch that came from a cracker, I
think;
And a lidless inkpot that never held
ink.
And the secret is locked in her tiny
breast
Of why she loves these and leaves the
rest.

And I give a loving glance as I go
To three brass pots on a shelf in a
row;
To my grandfather's grandfather's lov-
ing cup,
And a bandy-legged chair I once picked
up.
And I can't, for the life of me, make
you see
Why just these things are a part of
me!
—J. H. Nacnair, in London Spectator.

HEALTH ALPHABET

- | | |
|---|--|
| A is for Adenoids which no child should own | N is for Nurses , your health to insure |
| B for right Breathing to give the lungs tone | O is for Oxygen , not found in a crowd |
| C is for Cough which we should not neglect | P is for Pencils —in mouths not allowed |
| D for the Dentist who finds tooth defect | Q is for Quiet , which sick people need |
| E is for Evils of foul air and dirt | R is for Rest —as a part of our creed |
| F is for Fresh Air —too much cannot hurt | S is for Sunshine , to drive germs away |
| G is for Gardens where boys and girls play | T is for Tooth Brush , used three times a day |
| H is for Hardiness gained in that way | U is for Useful health rules in the schools |
| I is Infection from foul drinking cups | V is the Value of learning these rules |
| J is for Joy in the bubbling taps | W is Worry , which always does harm |
| K is for Knowledge of rules of good health | X is 'Xcess —indulge in no form |
| L is for Lungs whose soundness is wealth | Y is for Youth , the time to grow strong |
| M is for Milk , it must be quite pure | Z is for Zest . Help the good work along |

—The Survey.

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(DENVER POST, JULY 12, 1912)

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Los Angeles, California

CIVIC LABOR BUREAU

Under the head line of "School-houses as Employment Offices," and the sub-head, "One Way to Abolish the Man-less Job and the Job-less Man," John R. Commons, in a recent number of *La Follette's*, advocates equipping each schoolhouse with a director of its social center service, and using this machinery to place the "job-less man and the man-less job" immediately in connection, by means of first, the city employment exchange, and through that with the central clearinghouse—the organized labor market of the state.

Maladjustment of occupation should belong to the vocational bureau. The school, as a branch of the children's department of the employment office, should tend to remove this kind of maladjustment. British figures show that while about 75 per cent. of applications for work cannot be filled, 40 per cent. of the jobs could not be filled. How to direct some of the 75 per cent. excess so as to reduce the 40 per cent. lack is the problem.

The children's department of a free employment office has special blanks for children which can be filled out in the schools with the aid and advice of teachers. This employment office would have the best records of desirable and growing trades. Children and young people would thus be directed into the most promising occupations. Vocational training in public schools and trade schools need employment offices to connect children with the business world. The schoolhouse as a branch of the organized state labor market would meet this need. This free employment office would naturally connect up with the vocational bureau and its special juvenile advisory committee of employers, employees and educators would serve to encourage apprenticeship, to visit parents and child and to encourage the boy to stick to trades and not to jump into "blind alley" employments.

How to induce school teachers and

principals to coöperate in this great agency is the problem.

TO REACH THE GOAL.

Let me know but my life from year to year
 With forward face and unreluctant soul;
 Not hurrying to nor turning from the goal,
 Not that mourning for the things that disappear
 In the dim past, nor holding back in fear
 From what the future veils, but with a whole
 And happy heart that pays its toll
 To youth and age, and travels on with cheer.

So let the way wind up the hill or down,
 O'er rough or smooth, the journey may be joy;
 Still seeking what I sought when but a boy,
 New friendships, high adventure and a crown.
 My heart will keep the courage of the quest
 And hope the road's last turn will be the best.

—Henry Van Dyke.

The by-products of the dairy present an interesting problem in conservation. It has been estimated that the skim milk left over yearly in this country from butter-making, and the whey left over from cheese-making contain over a billion pounds of proteids, 69,000,000 pounds of fat, and nearly 2,000,000,000 pounds of milk sugar.



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CLUB HISTORIES*(Continued from Page 12)*

be progressive. Los Angeles County Nurses' Association is continually striving to raise professional standards and to instil into its members high ideals. It aims too, to stimulate its members to become useful citizens.

Women's Improvement Club

The Woman's Improvement club of Blythe had its beginning in an informal meeting held March 3, 1911, at the home of Mrs. L. F. Norton, who was afterward elected president. A constitution was drawn and signed by fifteen ladies. During the first spring the club met twice a month at the homes of members.

The primary object of the club was to promote sociability among the members. Plans were formed almost at once for public improvement, especially in making the school grounds more attractive. Tree planting days were held and a fund raised for building a luncheon pavillion.

Most enjoyable meetings were held January 18, April 6, and May 1, the closing informal tea.

CIVIC ACTIVITIES OUTLINED*(Continued from Page 15)*

the public highways. Do this now, then devote yourself to the education of the property owners against this nightmare of ugliness that besets us on every side. See that a model ordinance is in the hands of your chairman.

Do one thing at a time. Be tactful, agreeable, sane and persistent. Remember the more civic work the less need of philanthropy.

The last civic message of our beloved leader, Sarah Platt Decker, contained this advice:

"Do all your work cheerfully and patiently. If you fail do that splendidly. Above all adopt the old preacher's definition of perseverance, 'Firstly, to take hold; secondly, to hold on; thirdly, to never let go.'"

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